



LIFELONG RECREATION

*Providing fitness and social programs
for people fifty and better*



REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Winter 2007 ❄ January 2 – March 16

8061 Densmore Ave N ☪ Seattle, WA 98103 ☪ 206-684-4951

Lifelong Recreation

8061 Densmore Ave N

Seattle, Washington 98103

206-684-4951 Fax 206-684-4957

TDD Only 206-684-4950

Visit us on the web: www.seattle.gov/parks/Seniors/index.htm

Office Hours

Monday – Friday

8 a.m. – 3 p.m.

Program Dates

January 2 – March 16, 2007

Holidays (No classes)

Monday, January 1, New Year's Day

Monday, January 15, Dr. Martin Luther King, Jr. Day

Monday, February 19, Presidents' Day

Registration

Registration begins December 4 by calling your recreation specialist. You can also register online at www.seattle.gov/parks or at your local community center.

Professional Staff

Ken Bounds, Superintendent

B. J. Brooks, Deputy Superintendent

Christopher Williams, Operations Director

Kathie Huus, Special Units Manager

David Jensen, Lifelong and Specialized Programs Manager

Linda Guzzo, Administrative Specialist I

Recreation Staff

Carol Baxter, Recreation Specialist

Marigrace Becker, Sound Steps Walking Program Specialist

Cheryl Brown, Recreation Specialist

Mary Dalzell, Recreation Specialist

Jayla McGill, Recreation Specialist

Tim Pretare, Recreation Specialist

Angela P. Smith, Recreation Specialist

Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Inclement Weather Policy

If Seattle Public Schools are closed, **all** senior programs are cancelled. For further information about inclement weather closings, please call the Lifelong Recreation office at 206-684-4951 prior to venturing out.

Exercise Reimbursement Notice

Some health insurance companies will reduce premiums with proof of enrollment in an exercise class — just be sure to ask for a receipt!

Make-Ups

We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class, bring your payment receipt, and sign waiver.

WINTER MESSAGE FROM DAVID JENSEN

Go to www.seattle.gov/parks to see our list of 2006 achievements.

Dear Recreators,

I'm hoping you all had a joyous and healthy holiday season. We at Seattle Parks and Recreation look forward to working with you to provide healthy, educational, convenient, and fun programs for you. Winter quarter is an important time of the year to stay motivated, active, and engaged. You can get a copy of our brochure by calling 206-684-4951, in person at any community center, or online at www.seattle.gov/parks/seniors.

2006 was a productive year for your advisory council, which is made up of community volunteers who represent you and programs that serve people age 50 and better. The council has been active in educating our elected officials about what we do, the benefits our programs provide, and what the needs are for us to continue. They have presented to City Councilmembers the need for funding to bring back morning hours at the community centers, reinstating the coordinator position that was cut in 2005, and the question of how to replace the Pro Parks Levy funding that will end in 2008 (for 2¼ FTE staff positions). The Council did not appropriate any new funds for our programs for the 2007-2008 biennium, but we think we have laid the groundwork for future work. Special recognition is due to Linnea Mattson, whose leadership will bring results. The advisory council also had its first fundraiser in late October, implementing a successful hoagie drive for the scholarship fund.

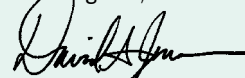
Linnea Mattson, the advisory council president, asked me to include in this message to you the point that it is very important to keep advocating and keep telling your story to your elected officials. You can express your position at the monthly *Coffee with your Elected Officials* at the Mayor's Office for Senior Citizens, or you can write or e-mail them. Linnea says the more they hear from you, the better the chance that they will support us. If you want more information about how to advocate and what you can do, please e-mail Linnea at linnea@isomedia.com.

Our team of recreation specialists and instructors has informed me that they have been educating you about the slightly increased fees that begin this quarter. We had not raised the class or trip fees for more than five years, and we have to pay for our instructors and respond to the increased cost of doing business (e.g., fuel, utilities, materials, etc.) Parks implemented the new online registration system called CLASS last quarter for class registration, and this quarter we will start using CLASS for both classes and trips. The system allows you to register at multiple 'points of sale' (community centers) and you can use your credit/debit cards. As with any new system, we may experience problems; so please be patient with us as we work to solve them!

I have several recommendations for chasing away the winter doldrums, including our Enhanced Fitness or line dancing classes, the Sound Steps Walking Program, which features several indoor walking programs and winter hikes, and theater classes taught by Bill Dore.

I hope to see you soon.

Best Regards,



David Jensen, Manager

Phone: 206-684-4951

<http://www.seattle.gov/parks/seniors/index.htm>

IMPORTANT PAYMENT NOTICE

Please note that all payments made by check or money order for Lifelong Recreation classes, events, and field trips are no longer made payable to Senior Adult Advisory Council.

Please make all checks or money orders payable to:

City of Seattle

REGISTRATION PROCEDURES

Class/Workshop/Special Event Registration

- You can still call and send your payments to the Recreation Specialist in your area (see instructions on page 23).
- You can also go to your local community center to register for classes and/or workshops.
- You can now pay by credit card. We accept MasterCard, Visa, and American Express.

Field Trip Registration

Beginning Winter Quarter 2007, you can register for field trips in any of three ways. You can register by calling your local recreation specialist; you can register online at **www.seattle.gov/parks**; or you can register at your local community center. Payment is due when you register.

Main Office: 8061 Densmore Ave. N., Seattle, 98103

Office Hours: 8 a.m. – 3 p.m.

Seattle Parks and Recreation Reference Guide

CITYWIDE LOCATIONS

Amy Yee Tennis Center	684-4764
2000 MLK Jr Way S • 98144	
Aquarium.....	386-4345
Pier 59 • 1483 Alaskan Way • 98101	
Sound Steps Walking Program Specialist:	
Marigrace Becker.....	684-4664
Woodland Park Lawn Bowling	782-1515
6018 Whitman North	
Woodland Park Zoo	684-4040
5500 Phinney Ave N • 98103	

NORTH

Ballard CC.....	684-4093
6020 28th Ave NW • 98107	
Ballard Pool	684-4094
1471 NW 67th St • 98117	
Bitter Lake CC	684-7524
13035 Linden Ave N • 98133	
Carkeek Park ELC	684-0877
950 NW Carkeek Park Rd • 98177	
Evans Pool	684-4961
7201 E Green Lake Dr N • 98115	
Green Lake CC	684-0780
7201 E Green Lake Dr N • 98115	
Laurelhurst CC	684-7529
4554 NE 41st St • 98105	
Loyal Heights CC	684-4052
2101 NW 77th St • 98117	
Madison Pool	684-4979
13401 Meridian Ave N • 98133	
Magnuson CC	684-7026
7110 62nd Ave NE • 98115	
Meadowbrook CC	684-7522
10517 35th Ave NE • 98125	
Meadowbrook Pool	684-4989
10515 35th Ave NE • 98125	

Northgate CC.....	386-4283
10515 5th Ave NE • 98125	
Ravenna-Eckstein CC	684-7534
6535 Ravenna Ave NE • 98115	
Northeast Recreation Specialist:	
Jayla McGill.....	386-9106
Northwest Recreation Specialist:	
Carol Baxter.....	233-7138

CENTRAL

Discovery Park ELC.....	386-4236
3801 W Government Way • 98199	
Garfield CC.....	684-4788
2323 East Cherry • 98122	
Int'l District/Chinatown CC	233-0042
709 8th Ave S • 98104	
Langston Hughes Perf. Arts Ctr	684-4757
104 17th Ave S • 98144	
Magnolia CC	386-4235
2550 34th Ave W • 98199	
Medgar Evers Pool	684-4766
500 23rd Ave E • 98122	
Miller CC	684-4753
330 19th Ave E • 98112	
Montlake CC	684-4736
1618 E Calhoun St • 98112	
Pratt Fine Arts Center	328-2200
1902 S. Main St • 98144	
Queen Anne CC	386-4240
1901 First Ave W • 98119	
Queen Anne Pool	386-4282
1920 First Ave W • 98119	
Yesler CC	386-1245
917 E Yesler Way • 98122	
Central East Recreation Specialist:	
Cheryl Brown	233-7255
Central West Recreation Specialist:	
Tim Pretare.....	684-4240

SOUTH

Alki CC.....	684-7430
5817 SW Stevens • 98116	
Camp Long ELC	684-7434
5200 35th Ave SW • 98126	
Colman Pool	684-7494
8603 Fauntleroy Way SW • 98136	
Delridge CC	684-7423
4501 Delridge Way SW • 98106	
Hiawatha CC.....	684-7441
2700 California Ave SW • 98126	
High Point CC	684-7422
6920 34th Ave SW • 98126	
Jefferson CC	684-7481
3801 Beacon Ave S • 98108	
Rainier CC	386-1919
4600 38th Ave S • 98118	
Rainier Beach CC.....	386-1925
8825 Rainier Ave S • 98118	
Rainier Beach Pool	386-1944
8825 Rainier Ave S • 98118	
Seward Park ELC	684-4396
5902 Lake Washington Blvd • 98199	
South Park CC	684-7451
8319 8th Ave S • 98106	
Southwest CC.....	684-7438
2801 SW Thistle St • 98126	
Southwest Pool.....	684-7440
2801 SW Thistle St • 98126	
Van Asselt CC	386-1921
2820 S Myrtle St • 98126	
Southeast Recreation Specialist:	
Angela P. Smith	684-7484
Southwest Recreation Specialist:	
Mary Dalzell.....	935-2162

Fees and Charges

The Senior Adult Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program fees include a 10% fee which is paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of the Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, special event, or program that is cancelled for any

reason by Parks and Recreation will receive a full refund.

- Anyone who registers for a trip, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a trip, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

Non-Discrimination Policy

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the

basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap (SMC 18.12.280).

Persons With Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 206-386-4951 or (TDD ONLY 206-684-4950). **If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids.** If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Citywide Events & Programs

Coffee Hours at the Mayor's Office for Senior Citizens Free

What's on your mind when it comes to City programs and services? Seniors will have the opportunity to talk with councilmembers at coffee hours sponsored by the Mayor's Office for Senior Citizens (MOSC). Coffee and cookies will be served. For more information, please call the Mayor's Office for Senior Citizens, 206-684-0500, or visit the web site www.seattle.gov/humanservices/mosc
Location: Central Building, 810 3rd Ave, Ste 350 (The Central Building is on 3rd Avenue between Columbia and Marion.)

Third Thursdays of the month **10 – 11 a.m.**
January 18: Councilmember Jan Drago

Outdoor Adventure **\$33/trip or \$135/5 trips** **Fridays: Jan 12, 26; Feb 9, 23; Mar 9, 16** **Times Vary**

We are partnering with One World Outing Club to provide you the chance to experience winter in Pacific Northwest style. Enjoy cross country skiing or snowshoeing adventures in the Cascade Mountains at various snow parks. There is a variety of terrain offered at each site to fit different fitness levels. Best of all, you get to leave the driving up to someone else while you enjoy a relaxing ride on a charter bus. Bring a sack lunch and water, own equipment. **For more details or to register, please call Lance at 206-363-0859.**
Location: Van pickup from Northgate CC

Information Meeting on Cross Country Skiing and Snowshoeing Trips Free **Wed, Jan 3** **10 – 11:30 a.m.**

Curious about what these trips are like? Here is your chance to find out. Learn about parks you will be going to, what to wear, how to pack, see slides of past trips. Lance will be there to answer all your questions. **Please register for the information meeting by calling Carol at 206-233-7138.**
Location: Northgate CC

Winter Pickleball Tournament **#13687 Thu, Feb 15 9 a.m. – 2 p.m. \$10 per person**

At this tournament you'll feel like a champion participating in matching skill level contests throughout the day. Events will include men's and women's singles and doubles and mixed doubles. There will be two divisions, "A" tournament players and "B" recreational players. There will also be a chance to show off your skills with the paddle in some fun activities. To join the fun, call Tim at 206-684-4240 for a registration form. Lunch, refreshments, and fun rewards are included in the price. Entry fee is \$10.00 due at the time of registration. Make checks payable to City of Seattle. The price includes lunch, refreshments, and fun rewards.

Location: Rainier CC

Theater Games

Do you like to act? Don't miss our great theater classes, for actors and non-actors alike, with instructor Bill Dore! For more information, please see pages 12 and 21.

Senior Wellness and Resource Fair Free **Fri, Jan 26** **10 a.m. – 2 p.m.**

Learn what's available for healthcare, life planning, transportation, travel and more. This 4-hour free fair will have examples of senior adult programs and community representatives on hand to talk about specific activities and resources. Lunch will also be served.
Location: Queen Anne CC

SOUND STEPS

Sound Steps Walking Program Free

Sound Steps continues to offer FREE group walks and hikes throughout the city. Start the New Year right by taking a step toward fitness. Walking can help you look and feel your best, and it's easy and fun when you do it in a group! On rainy days, try indoor walks at Southcenter Mall, Northgate Mall, or Rainier Beach Community Center. For a change of pace, this quarter Sound Steps offers three "Urban Hikes" exploring hiking trails within Seattle. Look through the brochure, and if there's not a walking group near you, we'll help you start one!

Sound Steps also offers maps of local trails, prizes, and free health seminars. To register, call Mari Becker in the Lifelong Recreation Programs office, 206-684-4664, or e-mail sound.steps@seattle.gov.

Call for Volunteers! Interested in leading walks or driving a van for hikes? It's easy and can take as little as one hour a week. Help a whole group succeed, while you get healthy too! Call Mari Becker, 206-684-4664.



Walks with Dogs Free

Bring a dog, or come without one if you just love dogs. Prepare to walk 2 to 3 miles, rain or shine. Meet at the designated site at 11 a.m., with your dog on a leash. Please remember to bring poop bags! Walks are free, but please register at 233-7255 so volunteer leader Sharon

LeVine can contact you if there is a change. Note: Bus riders can bring their dogs on Metro buses.

Mondays **11 a.m. – 1 p.m.**

#13283 Upper Queen Anne Neighborhood **Jan 8**
 Meet at Cafe Fiore, W Galer St. and 3rd Ave. W (224 W Galer St) #2 Bus

#13277 Alki Neighborhood and Beach Walk **Jan 22**
 Meet at Tully's Coffee on patio, 2676 Alki Ave. SW, #56 Bus

#13280 Green Lake Walk **Feb 5**
 Meet at on Starbucks, 7100 E Green Lake Dr. N, #26 or 48 Bus.

#13281 Madison Park Neighborhood Walk **Feb 26**
 Meet at Tully's Coffee, 4036 E Madison St., #11 Bus.

#13279 Capitol Hill Neighborhood **Mar 26**
 Meet at Tully's Coffee, 19th Ave. E and E Aloha St. (746 19th Ave E), #12 bus.

#13282 Magnolia Neighborhood and Bluff **Mar 5**
 Meet at Tully's Coffee, 3223 W McGraw (Magnolia Village), #31 bus.

Southeast Classes and Special Events

Southeast Registration Information Classes/Special Events

Angela P. Smith, Recreation Specialist

206-684-7484 OR e-mail: angela.p.smith@seattle.gov

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Class Registration and Payment: You can register beginning December 4 in one of three ways: You can call Angela at 206-684-7484; you can register online at www.seattle.gov/parks; or you can register at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change.

Southeast Sector Sites

Jefferson CC	3801 Beacon Ave S
Rainier CC	4600 38th Ave S
Rainier Beach CC.....	8825 Rainier Ave S
Rainier Beach Pool.....	8825 Rainier Ave S
Seward Park ELC	5902 Lake Washington Blvd
Van Asselt CC	2820 S Myrtle St

AEROBICS, FITNESS, AND DANCE

Senior Aerobics \$24

This body conditioning class will fit all your physical needs. It includes light hand weights and floor exercises, and it will continue to help you do the things you have been doing. It's a great class for men, try it! **Instructor: Jean Inouye**

#13857 Mon 8:30 – 9:30 a.m. Jefferson CC

Enhance Fitness \$56

Focus on enhancing your endurance, strength, balance, posture, and flexibility through exercise. Standards for measurement will document your progress. This class is highly adaptable and great for people of all fitness levels. We will provide weights. This class is free for Group Health Members with Medicare Part B coverage. We recommend taking this class two days per week.

#13621 Mon/Fri 9:15 – 10:15 a.m. Rainier CC

Dance Aerobics \$24

This is a low-impact dance aerobics class. Each one-hour session includes dyna-bands, stretching, and floor exercises. **Instructor: Jane Shearer**

#13614 Wed 8:30 – 9:30 a.m. Jefferson CC

Arthritis Foundation Exercise Program \$30

This arthritis exercise program is done primarily sitting in a chair. It's designed for people with arthritis, but appropriate for anyone. It is a good class for people just beginning an exercise program.

#13626 Thu 10 – 11 a.m. Jefferson CC

Fitness for Life \$24

This moderate impact aerobics class includes the use of small weights to increase strength, balance, exercise, and stretching. We will have small hand weights available.

#13622 Thu 8:30 – 9:30 a.m. Jefferson CC

T'ai Chi Chih: Joy Through Movement \$30

These gentle movements reduce stress, energize the body and mind, and improve balance and strength. Class starts February 7. **#13839 Wed (2/7 – 3/28) 10:30 – 11:30 a.m. Jefferson CC**

Falun Gong Free

Falun gong is a meditation exercises or self-healing and rehabilitation program that consists of five sets of simple movements. Practitioners of falun gong learn to cultivate truth, compassion, and tolerance through powerful ancient Chinese exercises that help to improve their bodies, minds, and spirits. **Instructor: Mathew Wong**

Fridays 11 a.m. – Noon Rainier CC

Line Dancing

Get on that dance floor and move to the music! Line dancing is great for the body and soul! No experience or partner is needed.

#13623 Thu 1 – 2 p.m. Rainier CC \$24

#13624 Fri 8:30 – 9:30 a.m. Rainier CC \$24

#13625 Fri 8:30 – 10:30 a.m. Jefferson CC \$48

Drop-In Pickleball \$2 drop-in (Age 65+ \$1)

Pickleball is a terrific game that combines fun and exercise in one great package!

Mon – Fri (All levels) 11 a.m. – 2 p.m. Rainier CC

Mondays (Int.) 10 a.m. – Noon Jefferson CC

Winter Pickleball Tournament \$10

At this tournament you'll feel like a champion participating in matching skill level contests throughout the day. Events will include men's and women's singles and doubles and mixed doubles. There will be two divisions, "A" tournament players and "B" recreational players. There will also be a chance to show off your skills with the paddle in some fun activities. To join the fun, call Tim at 206-684-4240 for a registration form. Lunch, refreshments, and fun rewards are included in the price.

#13687 Thu, Feb 15 9 a.m. – 2 p.m. Rainier CC

SOUND STEPS WALKS

Sound Steps Walks Free

Sound Steps is a free walking program for senior adults! Meet new friends, win prizes, and enjoy the many health benefits of walking.

For questions and to register, please call Sound Steps Coordinator Mari Becker at 206-684-4664.

Rainier Beach Walkie Talks

This is an indoor walking program for rainy days. Enjoy fun, friends, and fitness! Call Hyde Shuttle at 727-6262 for transportation.

Mon/Wed 10 – 11 a.m. Rainier Beach CC

Seward Park Walk

Enjoy Southeast Seattle's greatest walking destination! Look for the Hyde Shuttle van in the parking lot near the tennis courts.

Tuesdays 10:15 – 11:15 a.m. Seward Park

Filipino Community Center

Join Sound Steppers at the Filipino Community Center, 5740 Martin Luther King, Jr. Way S, for a walk at beautiful Seward Park. We provide transportation.

Tuesdays 9:30 – 10:30 a.m. Filipino Comm Ctr

Southeast Classes and Special Events

Hispanic Walking Group

Pongase en movimiento con Sound Steps! Join a walking group especially for Spanish speakers. Explore the Genesee neighborhood. Meet at Rainier Park Clinic lobby, 4400 37th Ave S.

Tue/Thu Noon – 12:30 p.m. Rainier Park Clinic

Jefferson Community Center

Join us for guided walks around the beautiful Beacon Hill neighborhood!

Wednesdays 9 – 10 a.m. Jefferson CC

Mall Walking

Walk indoors at the Southcenter Mall, with time for shopping afterward! We provide transportation. Reserve your spot by the Wednesday before by calling 684-4664.

Fridays 8:30 – 11:15 a.m. Southcenter Mall

COOKING

Little Italy \$8.50

Jayson from Specialized Programs worked at an Italian restaurant for five years. Our menu for the day will be Meatball Lasagna, Tiramisù, and a side salad.

#13612 Mon, Jan 22 10:30 a.m. – 12:30 p.m. Jefferson CC

Gumbo \$8.50

Mrs. Annie is back by popular demand. In honor of Black History Month, we will help her prepare this seafood dish. Bring a container to take home extras.

#13613 Mon, Feb 26 10:30 a.m. – 12:30 p.m. Jefferson CC

ARTS AND CRAFTS

Drop-In Crafts Free

We created this time for you to join your friends in a social atmosphere while you work on a project of your choice.

Thursdays Noon – 3 p.m. Jefferson CC

Lap-Quilting Free

You can take lap quilting anywhere to work on. Students in these sessions help each other.

Fridays 11 a.m. – 2 p.m. Jefferson CC

COMPUTERS, CARDS, AND GAMES

Drop-In Pinochle Free

In this group we welcome people at all levels of play. Come exercise your mind!

Tuesdays Noon – 3 p.m. Rainier CC

Drop-In Bridge Free

It's in the cards that you'll have a great time. This is a drop-in program for bridge enthusiasts.

Wednesdays Noon – 3 p.m. Rainier CC

Wednesdays 9:30 a.m. – Noon Jefferson CC

Seniors Teaching Seniors Free

You will learn such things as computer basics, Windows navigation, internet browsing, Microsoft Office, and much, much more. Come join the fun while you learn!

Thu (1/3 – 3/31) 11 a.m. – 1 p.m. Rainier CC

WORKSHOPS AND SPEAKERS

Travelogue: Belize, Central America Free

Join Angela as she shares highlights from her second trip to Dangriga, Belize. Her presentation includes video footage and pictures from the town's cultural celebration.

Thu, Jan 25 11 a.m. – Noon Jefferson CC

Income Tax Assistance Free

These sessions provide free income tax assistance from qualified volunteers. We'll take appointments on **Thursdays only beginning February 1**. Please call 206-684-7484 for an appointment.

Thursdays (2/1 – 4/12) 10 a.m. – 3 p.m. Jefferson CC

Almost the Antique Road Show

Pacific Galleries will be here to help you discover if what you have is a treasure or not. Please bring one item per person to be appraised.

Fri, Feb 2 10:30 a.m. – Noon Rainier CC

Travelogue: Peru, South America Free

Jefferson Community Center Coordinator Randy Smith has been out exploring. He had an excellent adventure in Peru, so come and check out his pictures and film clips.

Thu, Feb 22 11 a.m. – Noon Jefferson CC

SPECIAL EVENTS

Senior Gathering Free

Community functions will be on the move this winter. Join us for terrific outdoor events that provide a special time to meet others and receive agency information. Limited transportation provided by reservations. Please call to ask about the current location.

Thu, Jan 25 10:30 a.m. – 1:30 p.m. Location TBA

Wed, Feb 28 10:30 a.m. – 1:30 p.m. Location TBA

Wed, Mar 28 10:30 a.m. – 1:30 p.m. Location TBA

TGIF Meals \$3.50/meal

Take a break for lunch. Whether you're participating in activities or you just want to stop by, you can enjoy a fresh cooked healthy meals at Rainier CC, 4600 38th Ave S, on the 3rd Friday of the month. We greatly appreciate reservations so we can plan, so please call 206-684-7484.

Fridays Noon – 1 p.m. Rainier CC

#13627 Jan 19 #13628 Feb 16 #13629 Mar 16

Chocolate To Roses Valentine Line Dance \$4

Join us in celebrating Valentine's Day with upbeat tempos from Elvis and the slower cha-cha beats of "Stand By Me" by Mickey Gilley. Dance some old dances and learn some new ones to great songs of country, rock n' roll, pop, etc. from over the years. Get in the spirit by wearing something red!

#13611 Thu, Feb 8 1 – 3 p.m. Rainier CC

Valentine's Day Potluck Free

Let's warm up the winter season with a cozy potluck on Valentine's Day. We'll bring the soup; you bring a dish to share.

Wed, Feb 14 11:30 a.m. – 1 p.m. Jefferson CC

Southeast Trips

Southeast Trip Registration Information

Make checks payable to: City of Seattle.

Trip Registration begins December 4 by calling 206-684-7484. You can also register online (www.seattle.gov/parks) or at your local community center. Payment is due when you register. We accept cash, checks, Visa, MasterCard, and American Express. All trip times, costs, and destinations are subject to change. *On all trips, lunch is on your own.*

Pick-up Sites:

Jefferson CC 3801 Beacon Ave S
Pickup at time listed
Rainier CC 4600 38th Ave S
Pickup 10 minutes before time listed
Rainier Beach CC 8825 Rainier Ave S
Pickup 20 minutes before time listed
Van Asselt CC 2820 S Myrtle St
Pickup 15 minutes before time listed

Light Rail Tour

\$3

A coach bus will take you to and along the current construction sites: Beacon Hill Station and Mount Baker Station, and you'll see MLK Jr. Way S get a facelift! A representative will be on hand to talk about the projects and answer questions. The tour is followed by lunch and free time on your own at Uwajimaya.

#13618

Tue, Jan 30

9:30 a.m. – 1:30 p.m.

Chocolate Company Tour

\$3.50

This chocolate company is proud to be the only roaster of organic cocoa beans in the United States. The tour includes a thorough explanation of chocolate making and samples of finished products. Tour admission is \$5. Then you'll have lunch and free time on your own at Northgate Mall.

#13616

Tue, Feb 13

10:45 a.m. – 2:30 p.m.

Seattle Design Center

\$4

A designer will guide our afternoon tour through the showrooms and answer questions about products and designs. You can make purchases through the designers. This tour involves some stair-climbing. Before the tour, enjoy lunch on your own at Wolfgang Puck Restaurant.

#13615

Tue, Feb 20

11 a.m. – Noon



Snoqualmie Falls & North Bend

\$7.50

See the sights as we take a stroll at this beautiful Northwest destination. Next, enjoy shopping at one of the outlet malls, and have lunch on your own.

#13619

Tue, Mar 13

9:30 a.m. – 3 p.m.

Red Wind Casino

\$10

We're heading for Olympia to try our luck on some of the 675 slots. Enjoy (on your own) a great discounted buffet lunch.

#13620

Tue, Jan 9

9:15 a.m. – 3:30 p.m.

Jazz Alley and McCaw Hall

\$5.50

The Opera House original 1962 and 1927 buildings were stripped away and replaced with a gleaming glass curtain wall. Now see which room has more than 170 different colors. Then we'll have lunch at Dimitriou's Jazz Alley.

#13805

Tue, Jan 23

9:45 a.m. – 2:30 p.m.

SOUND STEPS HIKES

Sound Steps is a free walking program for senior adults! This winter we are exploring "urban hikes" within the Seattle city limits. For each hike, we'll divide into two groups: beginning walkers who can slowly walk two hours with breaks, and more experienced walkers. We will pick you up at Southeast Seattle Senior, 4655 S Holly, at 9:45 a.m. and at Jefferson Community Center, 3801 Beacon Ave. S, at 10 a.m. Register by calling Mari Becker at least one week in advance at 206-684-4664.



Magnuson Park

Free

Enjoy a newly developed 3.1-mile trail in one of Seattle's most scenic parks. You'll see waterfront, forest paths, historical military sites, and grassy fields. Shorter trails are paved and walker/wheelchair accessible. Bring a lunch; we'll provide dessert. Ride with us, or meet us at Magnuson Community Center, 7110 62nd Ave. NE, at 11 a.m.

Thu, Jan 25

10 a.m. – 2:30 p.m.

Longfellow Creek Legacy Trail

Free

Enjoy this gently sloping, three-mile trail that winds through public green spaces, neighborhoods, and business areas. The trail is not accessible for people who use wheelchairs or walkers. Please bring a lunch; we'll provide dessert. Ride with us, or meet us at Southwest Community Center, 2801 SW Thistle, at 10:45 a.m.

Thu, Feb 22

10 a.m. – 2:30 p.m.

Discovery Park

Free

Enjoy Seattle's largest city park with views of the Cascade and Olympic Mountain Ranges. There are some hills on this three-mile hike. Please bring a lunch; we'll provide dessert. This trail is not accessible for people who use wheelchairs/walkers. Ride with us, or meet us at the Visitor's Center, 3801 W Government Way, at 11 a.m.

Thu, Mar 15

10 a.m. – 2:30 p.m.

Southwest Classes and Special Events

Southwest Registration Information Classes/Special Events

Mary Dalzell, Recreation Specialist
206-935-2162

E-mail: mary.dalzell@seattle.gov

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Class Registration and Payment: You can register beginning December 4 in one of three ways: You can call Mary at 206-935-2162; you can register online at www.seattle.gov/parks; or you can register at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change.

Southwest Sector Sites

Alki CC.....5817 SW Stevens St
Alki Bathhouse2701 2701 Alki Ave SW
Delridge CC.....4555 Delridge Way SW
Hiawatha CC.....2700 California Ave SW
High Point CC.....6920 34th Ave SW
South Park CC.....8319 8th Ave S
Southwest CC & Pool2801 SW Thistle St

Water Exercise

\$3 drop-in

This shallow end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while they improve their cardiovascular systems. No swimming ability is required. Call 206-684-7440 for more information.

Tue/Thu 1:30 – 2:15 p.m. Southwest Pool

Pickleball

\$2 drop-in (Age 65+ \$1)

Pickleball is an indoor game, a cross between tennis and paddle ball. It's a great cardio workout, and it's fun!

MWF 10 a.m. – Noon Hiawatha CC
Tue/Thu Noon – 2 p.m. Southwest CC

Volleyball

\$2 drop-in (Age 65+ \$1)

Enjoy drop-in recreational play for men and women.

Tue/Thu 10 a.m. – Noon Southwest CC

Line Dance

\$24

Get out on that dance floor and move to the music! Line dancing is great for your body and your soul. No experience or partner is needed.

#13016 Tue (1/2 – 3/13) 10 – 11 a.m. Hiawatha CC

Partner Dance

We would like to get a dancing group for couples started. Our last offering was at the High Point Community Center on Wednesdays from 11 a.m. to noon. Interested? Please call Mary at 206-935-2162 with suggestions.

SOUND STEPS

Sound Steps Mall Walking

Free

Enjoy an indoor walk at Southcenter Mall with time for shopping afterward. Transportation is provided. We'll provide pickup at two West Seattle sites. Please reserve your spot by the Wednesday before by calling Mari Becker at 206-684-4664.

Fridays 8:30 – 11:15 a.m. Southcenter Mall

Harbor Avenue Walking Group

Free

Have a regular walk with friends while you enjoy Seattle's natural waterfront beauty. Meet at the big anchor at Duwamish Head, 1140 Alki Ave SW.

Thursdays 8:45 – 9:45 a.m. Meet at Duwamish Head

Sound Steps Urban Hike: Longfellow Creek

Free

Enjoy this diverse trail through public greenspaces, neighborhoods and business areas. This is a gently sloping, three-mile walk. It is not accessible for those who use wheelchairs or walkers. Bring a lunch, and we'll provide dessert. Please register at least one week in advance by calling Mari Becker, 684-4664.

Thu, Feb 22 10:45 a.m. – 1:45 p.m. Meet at Southwest CC

High Point Sound Steps

Free

Fun neighborhood walk!

Mon 1 – 2 p.m. Elizabeth House
Thu 10 – 11 a.m. 3201 SW Graham St

AEROBICS, FITNESS & DANCE

Fitness

\$24 – 1 day/wk

An entire body workout. This class uses dyna bands and weights and includes floor work. You'll improve balance, flexibility, and agility. Bring weights to class.

#13010 Mon 10 – 11 a.m. Alki CC
#13002 Tue 10 – 11 a.m. Southwest CC
#13005 Wed 10 – 11 a.m. Alki CC
#13007 Fri 10 – 11 a.m. Southwest CC

Enhance Fitness

\$24 – 1 day/wk

Focus on enhancing your endurance, strength, balance, posture, and flexibility through exercise. Standards for measurement will document your progress. This class is highly adaptable and great for people of all fitness levels. We will provide weights. This class is free for Group Health Members with Medicare Part B coverage. We recommend taking this class two days per week.

#12999 Tue 8:30 – 9:30 a.m. Southwest CC
#13000 Thu 8:30 – 9:30 a.m. Southwest CC
#13001 Mon 8:30 – 9:30 a.m. Southwest CC

Pilates

\$42

Pilates helps improve focus, reduce stress, improve posture, correct muscle imbalance, and strengthen core muscles.

#13019 Tue 10:45 – 11:45 a.m. Alki CC

Southwest Classes and Special Events

ARTS AND CRAFTS

Sculpted Tiles and More \$50

Learn to make bas-relief tiles (sculpted on the front, flat on the back) using a variety of techniques, then experiment with using these same techniques to make other clay items of your choosing. The instructor will present lots of fun ideas, tools, and techniques to try out. Extra studio time is included in class fee. No experience is needed. The class fee is due when you register, and a \$20 supply fee is due to the instructor on the first day of class.

#13026 Mon (1/29 – 3/12) 12:30 – 2 p.m. Alki Bathhouse

Ceramics Free

In this class, you'll work with preformed art pieces that you clean, fire, and then paint. Volunteer instructors are knowledgeable and available to help you. *We provide supplies for the first class; you'll need to purchase materials for the later classes.* Call 206-767-3650 and leave a message and Bea will get back to you.

Thursdays 10:30 a.m. – 2 p.m. South Park CC*

*Class meets in SPARC Building, 8201 10th Ave S

BOOK CLUBS

Alki Book Club Free

The club meets the first Wednesday of each month at the Alki Community Center at 11:15 a.m. At noon there is a book exchange for anyone who would like to share books. **Instructor: Mary Dalzell**

Wednesdays: Jan 3, Feb 7, Mar 7 11:15 a.m. – 12:15 p.m.

Southwest Book Club Free

The Seattle Public Library provides books free of charge to our group. We all read the same book and then discuss it. The group meets at 1 p.m. the third Thursday of each month at Southwest CC.

Thu: Jan 18, Feb 15, Mar 15 1 – 2 p.m.

CARDS AND GAMES

Bridge Free

This is a drop-in program for experienced players.

Mon/Wed 10:30 a.m. – 2 p.m. Southwest CC

COMPUTERS & TECHNOLOGY

Basic Computers \$15/session



This is a beginner's class in which you will learn how to use a mouse, explore sites with multiple pages, learn search engine techniques, set up a free e-mail account, and work with sites for travel arrangements, including MapQuest. We work with a ratio of three students per instructor. Please have basic typing skills.

#12993 T/Th (1/9 – 1/18)

10 a.m. – Noon Southwest CC

#12994 T/Th (2/6 – 2/15)

10 a.m. – Noon Southwest CC

#12996 T/Th (3/6 – 3/15)

10 a.m. – Noon Southwest CC

WORKSHOPS AND SPEAKERS

Garden Chat Free

This is a once a month gathering for people who enjoy their yards, gardens, yard art, or who just admire the beauty of what others have done with their yards. This is not a club so come on down and share your passion and enjoy the company of others who get satisfaction from a day's work in the yard. The group meets the first Tuesday of each month.

First Tuesdays 11:15 a.m. – Noon Southwest CC

Preventing & Treating Diabetes Naturally Free

Candace McNaughton, ND, will talk about insulin resistance, self care, and preventing and treating diabetes. Get tips on alternative sweeteners, how to exercise, and natural treatments. You'll also learn about preventing and treating complications such as eye, kidney, and skin problems.

Mon, Jan 22 10:45 a.m. – Noon Alki CC

Peru Free

Randy Smith the Recreation Coordinator at Jefferson Community Center took his family on a month-long visit to Peru. He will share his experiences and pictures of the wonderful time they had in this colorful country.

Tue, Jan 31 11:15 a.m. – 12:30 p.m. Alki CC

Flexcar Free

Flexcar pays for the gas, parking, insurance, and maintenance. You just pay an hourly rate when you reserve a car. This transportation may be an option for you or someone you know. Come and get the details. Please register by February 14.

Instructor: Cherie Seymore

Wed, Feb 21 11:15 a.m. – Noon Alki CC

Cooking With Trevor \$10

Trevor is back from Ohio and ready to put his cooking skills on display. For our dining pleasure he has chosen Italian/Pastabilities. Please welcome him back and enjoy a delicious lunch.

#12998 Thu, Mar 15 11 a.m. – 1 p.m. Southwest CC

Fabulous Fashion Show II \$3

Come see local businesspeople, volunteers, and others modeling clothing from the West Seattle Discovery Shop and the Stop-N-Shop store. It was great fun last year and we expect to have just as many laughs and good times this year. West Seattle Senior Center will be host site. You can make reservations for lunch, which begins at 11:45 a.m., or just come for the show which starts at 12:30. Lunch costs \$3. Please call 932-4044 one week ahead to make a reservation. The \$3 for the show is due when you arrive at the Senior Center.

Wed, Mar 14 12:30 p.m. West Seattle Senior Center
4217 SW Oregon St

Southwest Trips

Southwest Trip Registration Information

Make checks payable to: City of Seattle.

Trip Registration begins December 4 by calling 206-935-2162. You can also register online (www.seattle.gov/parks) or at your local community center. Payment is due when you register. We accept cash, checks, Visa, MasterCard, and American Express. All trip times, costs, and destinations are subject to change. *On all trips, lunch is on your own.*

Pick-up Sites:

High Point CC.....6920 34th Ave SW
Hiawatha CC.....South parking lot
of Safeway on California Ave SW

Mochi Tsuki

\$6

Celebrate the Japanese new year on Islandwood. There will be demonstrations, exhibits, and Tiko drummers. Please bring a lunch. Ferry fees of \$6.50 is not included. There will be an additional pick up at the Jefferson Community Center for this trip.

#13668 Sun, Jan 7 10:45 a.m. – 4 p.m.

Museum of Flight/DaVinci Exhibit

\$6

Tour the Museum of Flight with all its new exhibits. The museum is now hosting the international exhibit on Leonardo DaVinci, one of history's greatest inventors, showing more than 50 of his works. Please bring your own admission fee.

#13665 Thu, Jan 11 10 a.m. – 3 p.m.

Kirkland Parkplace

\$7.50

Shop, look, eat, and enjoy an afternoon in Kirkland. You'll surely find some changes from the last time you were there.

#13670 Thu, Jan 25 10 a.m. – 3:30 p.m.

Brookwood Equestrian Center

\$12.50

The northwest's oldest operating riding facility is located in Lakewood. Enjoy a tour of the facilities, see the horses, and watch a riding demonstration.

#13027 Thu, Mar 1 9:30 a.m. – 4 p.m.

Dog Show

\$5.50

The Seattle Kennel club celebrates its 69th year with more than 1600 dogs competing for best in show awards. Enjoy agility, rally, and obedience trials for all breeds. Admission on your own.

#13662 Sun, Mar 11 10 a.m. – 3 p.m.

Auction House

\$6.50

Pacific galleries is our destination. You can bid, watch, or spend time browsing. We will arrive in time for you to check out the items to be auctioned. Enjoy lunch on your own after the auction.

#13669 Mon, Mar 19 8:30 a.m. – 3:30 p.m.

Library Tours

\$7.50

In 1998, Seattle voters approved the \$196 million "Libraries for All" bond issue, which has resulted in many new libraries all over the city. We will visit some of them and spend time in their neighborhoods.

Location: High Point Community Center Outdoor Space
#13667 Thu, Feb 1 10 a.m. – 4 p.m.

Movie & Lunch

\$6.50

Our annual excursion to the movies. We'll choose a theater with multiple offerings and eating facilities nearby. You're on your own for the movie and lunch.

#13671 Thu, Feb 8 10 a.m. – 4 p.m.

Sea Tac Airport Tour

\$8

Get an inside view of the newly remodeled airport. You'll see the emergency operations systems and the main terminal area, ride the tram, see fabulous artwork, and finish with lunch in the fast food eating area. You're on your own for lunch. Please note: there's lots of walking on this trip.

#13672 Thu, Feb 22 9:15 a.m. – 1:30 p.m.

Please register for trips beginning December 4 online at www.seattle.gov/parks or at your local community center.

SPECIAL EVENTS

Birthday Brown Bag

Free

It's my birthday and in celebration you're all invited. Bring your own brown bag lunch. You have all done so much to enhance my love of my work that I thought we could sit around and do some remember when stuff.

Wed, Jan 17 11:15 a.m. – Noon

Alki CC

Snowball Dance

\$2 (men free!)

Come to dance or just listen to the band. This takes place at, and is co-sponsored with, the West Seattle Senior Center. Admission fee is \$2 payable when you arrive at the Senior Center. Admission for men is free, as we would like to encourage your participation.

Tue, Jan 23 1:30 p.m. West Seattle Senior Center
4217 SW Oregon St

Wellness Fair

TBD

Queen Anne Community Center will be the host site for this offering of over 30 exhibitors, an auction with great prizes, and a free soup and sandwich lunch. Please see the citywide page for more information and the transportation fee. To register please call Mary at 935-2162.

Fri, Jan 26 11:30 a.m. – 2:30 p.m. Queen Anne CC

Valentine Party

Free

It's a sweetheart of a day. Bring pictures of that special someone and share some memories. As in the past, bring finger food treats to make it an even better party.

Wed, Feb 14 11:15 a.m. – 12:30 p.m. Alki CC

Central East Classes and Special Events

Central East Registration Information Classes/Special Events/Trips

Cheryl Brown, Recreation Specialist
206-233-7255 • E-mail: cheryl.brown@seattle.gov

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Registrations and Payment: You can register beginning December 4 in one of three ways: You can call Cheryl at 206-233-7255; you can register online at www.seattle.gov/parks; or you can register at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change.

Central East Sites

Garfield CC 2323 E Cherry St
Langston Hughes PAC 104 17th Ave S
Miller CC 330 19th Ave E
Montlake CC 1618 E Calhoun St
Yesler CC 917 E Yesler Way

AEROBICS, FITNESS, AND DANCE

Fit For Life \$30 – 1 day/wk

Improve your health and tone your muscles for increased flexibility and mobility. This low-impact aerobics class is geared to your individual fitness level.

#13267	Mon	10:45 – 11:45 a.m.	Garfield CC
#13268	Wed	10:45 – 11:45 a.m.	Garfield CC

Walks with Dogs Free

Bring a dog, or come without one if you just love dogs. Walk 2 to 3 miles, rain or shine. Bus riders can bring their dogs on Metro buses. Please see page 5 for walk dates and locations.

Mondays 11 a.m. – 1 p.m.

Tai Chi \$30 – 1 day/wk

Learn slow and gentle meditative exercises that are good for stress, balance, concentration, and general physical well being.

Instructor: Ed Baxa

#13271	Tue	12:30 – 1:45 p.m.	Yesler
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Ballroom Dance \$20

Learn basic ballroom steps such as the waltz, cha-cha, fox trot, and much more. Practice and become comfortable on the dance floor! No partner is needed. **Instructor: Mu Yun Chen**

#13691	Tue	12:30 – 1:30 p.m.	Garfield CC
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Line Dance \$20

Get out on the dance floor and move to the music—dancing is great for the body and soul! No experience or partner is needed.

Instructor: Mu Yun Chen

#13320	Tue	2 – 3 p.m.	Garfield CC
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Gentle Yoga \$30

Stretch your muscles and gain strength, flexibility and balance while you improve relaxation in this gentle yoga class for all fitness levels. **Instructor: Paul Fetorowicz**

#13269	Wed	9:30 – 10:30 a.m.	Garfield CC
#13270	Thu	10:15 – 11:30 a.m.	Miller CC

First Hill Sound Steps Free

Join other Sound Steppers for a fun walk exploring the First Hill neighborhood! Meet at Chancery Place, 910 Marion Street.

Wednesdays 10 – 11 a.m. Chancery Place

Garfield Sound Steps Free

This walking group in the Garfield community meets every Thursday at the community center.

Thursdays 10 – 11 a.m. Garfield CC

Feldenkrais Method Movement \$30

Learn to move with less effort; ease chronic problems; enhance your flexibility, balance, and coordination; and reduce stress in this class, which will guide you through gentle movements geared to improve the way you move. **Instructor: Anne Cooper**

#13263	Fri	11 a.m. – Noon	Montlake CC
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FOOD AND FITNESS PROGRAMS

This program offers an opportunity for seniors to congregate and celebrate their cultures and languages while learning to navigate American life. Each day offers lunch, social, educational, and fitness programs and a food bank on Fridays.

Korean Food and Fitness Program	Free
#13318 Tu/F 10 a.m. – 1 p.m.	Miller CC

Vietnamese Food and Fitness Program	Free
#13332 Tu/F 10 a.m. – 1 p.m.	Garfield CC

PERFORMING ARTS & DANCE

Radio Readers \$15

Do you remember the old radio shows with the sound effects and the readers on stage? Join us as we re-live the days of radio with a library of old scripts, our own sound effects, and all of the fun! The class meets every other Monday beginning January 8.

#13690	Mon	10:30 a.m. – Noon	Langston Hughes PAC
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Story in My Pocket \$32

Share your memories...learn how to take the stories of your life — from the mundane to the sublime — and share them aloud and on paper. We will begin with storytelling techniques that will help you remember and record. Develop your stories here to create a personal story book and add to the spring production of "But Wait...There's More." **Instructor: Nancy Calos-Nakano**

#13325	Tue	11 a.m. – Noon	Langston Hughes PAC
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Theatre Games \$32

Play! Using improvisation, pantomime, and other theatrical methods, we will exercise mind and body in this fun and relaxing class which will explore the acting aspects of theater. It's for non-actors and actors alike! **Instructor: Bill Dore.**

#13327	Wed	11 a.m. – Noon	Garfield CC
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Central East Classes and Special Events

COMPUTERS AND TECHNOLOGY



Computer Basics, Learn It and Earn It! \$15/session

Get up and running on computers with these hands-on classes. Any senior who completes 16 hours of computer training in our program will receive a voucher for a free computer and monitor! Call

Asfaha at 386-1245 to register.

Location: Yesler Community Center	Computer Room
#13255 T/Th (1/9 – 2/1) 10:30 a.m. – Noon	Yesler CC
#13256 T/Th (2/6 – 3/1) 10:30 a.m. – Noon	Yesler CC
#13257 T/Th (3/6 – 3/29) 10:30 a.m. – Noon	Yesler CC

Computer Basics In Vietnamese \$30

Learn computer basics in Vietnamese. Any senior who completes 16 hours of computer training in our program will receive a voucher for a free computer and monitor! Call Nhu-Y at 233-7255 to register.

#13252 W/Th (1/3 – 3/15) 10:30 a.m. – Noon Yesler CC

E-Bay and Online Shopping \$5

This class provides an overview of online shopping and selling. It covers E-bay, our local Craigs List, and how to use Pay Pal. It's a great introduction to internet commerce! Instructor: Lorrie Dempke

#13316 T/Th (1/9 – 1/11) 12:30 – 2 p.m. Yesler CC

Digital Photo Management \$5

Learn how to get the pictures from your digital camera to the computer, how to size and print them, how to save them to a disk or drive, and how to e-mail them to friends. Bring your digital camera and USB cable to class. Instructor: Lorrie Dempke

#13688 T/Th (1/23 – 1/25) 12:30 – 2 p.m. Yesler CC

MOVIES AND MEALS

Monday Movies & Lunch \$4/movie

Lunch and a Movie, Nostalgia and Nouveau, we have it all! Join us as we screen movies on the big screen in the theatre at Langston Hughes! Our light lunch will consist of soup and bread. Please call in your suggestions for movies, and we'll see if we can get them!

1/8: *It's A Mad, Mad, Mad, Mad World*

1/15 MLK Holiday/No movie 2/12: *Miss Evers Boys*

1/22: *Funny Girl* 2/26: *Akeela & the Bee*

1/29: *Take the Lead* 3/5: *Palm Beach Story*

2/5: *Raisin in The Sun* 3/12: *The Producers*

#13454 Mon Noon – 3 p.m. Langston Hughes PAC

ARTS AND CRAFTS

Watercolor \$60

Develop your old or new passion for painting in this fun, relaxed class. No experience is required, just the desire to paint and learn! Please call for the list of supplies to bring. Instructor: Jan Morris

#13336 Mon 10 a.m. – Noon Montlake CC

WORKSHOPS AND SPEAKERS

Identity Theft: Facts and Prevention Free

Did you know that identity theft is the number one crime in the US? Did you know that more than 30,000 people's identities are stolen every day? Did you know that you are at risk? Learn about this crime, how it happens, how it could happen to you, and how you can protect yourself. Instructor: Bill Estes, from the Estes Group.

#13689 Wed, Jan 17 10 – 11 a.m. Garfield CC

Heart Smart Valentine Lunch \$6

Be a heart smart sweetheart! Invite a friend to enjoy this valentine lunch full of tasty treats and holiday fun, and learn about how to keep your heart healthy and happy! We'll have lots of resources available for heart health.

#13317 Wed, Feb 7 11 a.m. – Noon Yesler CC

Advance Directives Workshop \$3

This is a hands-on workshop on advance directives: the living will and the durable power of attorney for health care. Since the Terri Schiavo case, this issue is more important than ever before. An expert from Compassion and Choices of Washington will lead the workshop, and we'll provide a light lunch.

#13694 Wed, Feb 21 12 – 2 p.m. Garfield CC

AARP Drivers Safety \$10/class

This is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers stay safe on today's roads, and in many cases receive a discount on insurance rates. Please pay \$10 fee to instructor at first class.

#13449 Sat (1/20 & 1/27) 10 a.m. – 2:30 p.m. Garfield CC

#13450 Sat (2/17 & 2/24) 10 a.m. – 2:30 p.m. Garfield CC

#13451 Sat (3/24 & 3/31) 10 a.m. – 2:30 p.m. Garfield CC

Fifty Friends

Are you single in Seattle and age 50 or older? Join us in our new singles outings group where we will have a great time meeting (fifty?) new friends!

Pizza Potluck \$4

At this introductory get-together, we'll eat pizza (please bring a salad or dessert to share), play bunto and bingo, and brainstorm ideas for future events.

#13266 Fri, Jan 26 7 – 11 p.m. Miller CC

Third Place Books \$8

Third Place Books is a great place to relax to live music, enjoy several great bakeries and restaurants, play chess, and socialize. We provide transportation from Miller CC.

#13265 Fri, Feb 23 7 – 11 p.m. Miller CC

Rocking Horse Dance Barn \$12

Dance the night away, or just watch and enjoy the music! Take the 7 p.m. dance lesson, then shake a leg! We provide dinner and transportation. Admission is \$12 at the door on your own. We provide transportation from Miller Community Center.

#13264 Fri, Mar 23 6 – 11 p.m. Miller CC

Central East and Central West Field Trips

Central East/West Trip Registration Information

Make checks payable to: City of Seattle.
Trip Registration begins December 4 by calling 206-684-4240. You can also register online (www.seattle.gov/parks) or at your local community center. Payment is due when you register. We accept cash, checks, Visa, MasterCard, and American Express. All trip times, costs, and destinations are subject to change. *On all trips, lunch is on your own.*

Van Pick-up Times and Locations

East Pick-up Sites:

Miller CC.....330 19th Ave E
 Pickup 15 minutes before time listed
 Garfield CC.....23 E Cherry St
 Pickup at time listed

West Pick-up Sites:

Magnolia CC.....2550 34th Ave W
 Pickup 20 minutes before time listed
 Queen Anne CC.....1901 1st Ave W
 Pickup at time listed

Discover DaVinci \$7.50

Tour the Leonardo DaVinci: Man/Inventor/Genius exhibit at the Museum of Flight, have lunch on your own at the museum's cafeteria, then explore the history of flight at the regular museum exhibit. \$22 museum admission fee includes both the DaVinci and regular museum exhibits.
#13274 **Fri, Jan 5** **9:30 a.m. – 3 p.m.**

Tour Two Eastside Establishments \$12

Tour two east side establishments: first learn the history of the Microsoft company at their Visitor Center, then take a candy factory tour at Elegant Gourmet. We'll also stop to eat lunch, for which you're on your own, at a local restaurant.
#13466 **Fri, Jan 12** **9 a.m. – 4 p.m.**

LeMay Museum \$10

Take a tour of the world's largest privately owned collection of automobiles, motorcycles, trucks, and related memorabilia. This exhibit presents virtually every car manufactured in America and many foreign cars. Please bring \$15 for admission to the museum. You're on your own for lunch in Tacoma after the tour.
#13272 **Fri, Jan 19** **8:30 a.m. – 3 p.m.**

Lovely LaConner \$10

LaConner is a treat any time of year! The quaint shops, the museums, the yummy lunch stops, and the ocean breeze, LaConner has it all! Lunch is on your own at a local restaurant.
#13273 **Fri, Feb 2** **10 a.m. – 5 p.m.**

Valentine Theme Trip \$8

On this Valentine-themed trip, we will explore some locations that feature flowers and candy, including Theo Chocolate in Fremont and lunch (on your own) at a local restaurant.
#13470 **Fri, Feb 9** **10 a.m. – 4 p.m.**

Madison Park Secrets \$7.50

Discover the best kept secret in Madison Park! We'll visit the Pioneer Museum, which houses a display of early Seattle transportation history, hats, and clothing, then we'll move on to the Fisk Genealogy library. Then lunch on your own in any of the fine Madison Park lunch establishments with time to explore!
#13275 **Fri, Feb 16** **10 a.m. – 3 p.m.**

King 5 Newsroom \$8

See behind the scenes in the King 5 newsroom as the crew prepares for the noon news broadcast. Lunch (on your own) and other adventures will follow.
#13471 **Fri, Feb 23** **9 a.m. – 4 p.m.**

Triple Town Treat \$8

Travel east and check out three small towns where history is preserved, and dollar stores abound. Enjoy the day rambling through Monroe, Sultan, and Skykomish. Lunch is on your own at a local restaurant.
#13276 **Fri, Mar 2** **10 a.m. – 4 p.m.**

Port of Seattle \$8

Tour the Port of Seattle building down on the waterfront. Get an introduction to the Port functions and tour the facilities.
#13472 **Fri, Mar 9** **9:30 a.m. – 4 p.m.**

Day Trippin' \$6/hike

Explore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles on varied terrain. Weather permitting, bring lunch for the trail. In rainy weather we will lunch (on your own) at a restaurant close to the hike. Be prepared for wet or muddy trails with appropriate clothing and footwear! We provide transportation. **Please register ahead of time by calling 233-7255. Van pickup from Miller is at 9:45 a.m., and at Garfield at 10 a.m. We'll return at approximately 3 p.m.**

#13259	Tue, Jan 9	Point Defiance
#13262	Tue, Jan 23	Issaquah Creek
#13261	Tue, Feb 6	St. Edwards Park
#13260	Tue, Feb 20	Redmond Watershed Preserve
#13258	Tue, Mar 6	Coal Creek Falls

Red Hat Society \$5 transportation per event

Join this group of women 50 and older who are looking for fun! We will have a monthly event that all are welcome to attend! Lunch will be "on your own," and we'll provide transportation from Garfield CC for most events. Please register in advance—these events fill up fast!

#13321	Thu, Jan 18	10 a.m. – 4 p.m.	Garfield CC
#13322	Thu, Feb 15	10 a.m. – 4 p.m.	Garfield CC
#13323	Thu, Mar 8	10 a.m. – 4 p.m.	Garfield CC

Central West Classes and Special Events

Central West Registration Information Classes/Special Events

Tim Pretare, Recreation Specialist
206-684-4240

E-mail: tim.pretare@seattle.gov

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Class Registrations and Payment: You can register beginning December 4 in one of three ways: You can call Tim at 206-684-4240; you can register online at www.seattle.gov/parks; or you can register at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change.

Central West Sites

Discovery Park ELC..... 3801 W Government Way
Int'l Dist/Chinatown CC (IDCCC) 709 8th Ave S
Magnolia CC.....2550 34th Ave W
Queen Anne CC.....1901 1st Ave W
Queen Anne Pool.....1920 1st Ave W

Enhance Fitness

\$48

This class will focus on enhancing your endurance, strength, balance, posture, and flexibility through exercise. Standards for measurement will document your progress. This class is highly adaptable and great for people of all fitness levels.

#13463 Tue/Fri 1 – 2 p.m.

Magnolia CC

Hatha Yoga

\$30 – 1 day/wk

Enjoy gentle stretching and movement with awareness, correct alignment, and deep breathing. Build stamina and improve your circulation, flexibility and range of motion.

#13464 Wed 11 a.m. – Noon

Queen Anne CC

#13465 Fri 9 – 10 a.m.

Queen Anne CC

Arthritis Foundation Exercise Program

\$30

The Arthritis Foundation Exercise Program is done primarily sitting in chairs, and is designed for people who are just beginning an exercise program and for people who have arthritis.

#13416 Thu 10 – 11 a.m.

Queen Anne CC

SOUND STEPS

Please call Mari Becker for more information: 206-684-4664.

Lower Queen Anne Sound Steps

Free

Walk around the Seattle Center (we have indoor options when it's raining).

Tuesdays

Noon – 1 p.m.

Seattle Center

Merrill Gardens Sound Steps

Free

Enjoy fitness and new friends during this neighborhood walk! Meet at Merrill Gardens, 800 4th Ave N.

Wednesdays 9 – 10 a.m.

Oct 2 – Dec 15

Sound Steps Urban Hike: Discovery Park

Free

Enjoy Seattle's largest city park with views of the Cascade and Olympic Mountain Ranges. Sorry, this walk is not wheelchair/walker accessible. Bring a lunch, and we'll provide dessert. Meet at the visitor's center.

Thu, Mar 15 11 a.m. – 1:45 p.m.

Discovery Park

Discover Walking

Walk the 2.8 mile Discovery Park Loop Trail! Meet at the visitor center.

Fridays

10 a.m. – Noon

Discovery Park

ARTS AND CRAFTS

Watercolor Painting

\$72

Bring your paints, your brushes, and your love of painting. We'll hold a demonstration after each lesson with lots of guidance. All skill levels are welcome.

#13478 Mon 9:30 – 11:30 a.m.

Magnolia CC

Crafty Ladies

Free

Drop in to work on your own project or learn a new craft, socialize, and make new friends. We have sewing machines and supplies available.

Thursdays 2 – 3:30 p.m.

Queen Anne CC

AEROBICS, FITNESS, AND DANCE

Viniyoga Yoga

\$30

#13477 Mon 10 – 11 a.m.

Magnolia CC

Senior Aerobics

\$24 – 1 day/wk

Take time to re-energize and feel better! Certified instructors teach these low impact aerobic classes.

#13473 Mon 9:30 – 10:30 a.m.

Queen Anne CC

#13474 Wed 9:30 – 10:30 a.m.

Queen Anne CC

#13475 Fri 9 – 10 a.m.

Queen Anne CC

Tai Chi

\$30

This Tai Chi exercise class will practice slow, centered, mindful movement to optimize the flow of our bodies' own vital energy. Benefits include improved balance, increased range of motion, and a reduced stress level.

#13476 Tue 10:30 – 11:30 a.m.

Queen Anne CC

Circuit Training

\$36 – 1 day/wk

Rotate among training stations to improve your skill, strength, and knowledge using weight machines. The class is limited to 16 people on a first come, first served basis.

#13458 Tue 9:30 – 10:30 a.m.

Queen Anne CC

#13459 Thu 9:30 – 10:30 a.m.

Queen Anne CC



Central West Classes & Special Events

CARDS AND GAMES



Organized Bridge @ Queen Anne CC Free

These weekly bridge games are for experienced players. Please call Dean and Nancy McPhaden, at 206-282-8331 to sign up for a foursome.

Mondays* 2 – 4 p.m.

Queen Anne CC

*No bridge on the last Monday of the month.

Fridays 10:30 a.m. – 2 p.m. Queen Anne CC

Bridge Instruction \$42

Practice your bridge skills using drills and personal attention from a qualified instructor. We'll cover the topics students are interested in.

#13418 Wed 10 a.m. – Noon Queen Anne CC

Organized Bridge @ Magnolia CC Free

These weekly bridge games are for experienced players. Please call Kats Tinina 284-5688, to sign up for a foursome.

Wednesdays 9 a.m. – 2 p.m. Magnolia CC

Thursdays 8 a.m. – 2 p.m. Magnolia CC

Bingo Free

Bingo Bug! Have you caught it? Come and play with us each week. Try your luck and you may win a prize.

Thursdays 10 – 11 a.m. Queen Anne CC

BOOKS, WRITING, AND COMPUTERS

Bookmobile Books

The Seattle Public Library brings new large print books to Queen Anne CC every month. Check one out on the next Bookmobile visit!

Book Exchange

Come and experience the comfortable couches and reading area at Queen Anne Community Center. Browse through the book shelves, borrow a book, or bring a book to trade in.

Seattle Times and PI

Come and experience the comfortable couches and reading area at Queen Anne and Magnolia Community Centers. weekdays from 9 a.m. to 4 p.m.

Dessert and Discussion Free

Gather to discuss books and enjoy some treats. Group meets on the last Monday of every month.

Mondays 1:30 – 2:30 p.m. Queen Anne CC

Computers Free

Public access computers for senior adults at the Queen Anne Community Center. For information contact Tim Pretare.

Mon – Fri 9 a.m. – 4 p.m. Queen Anne CC

CULINARY ARTS

Cooking \$15/class

Rosangela's culinary creativity will get you hoppin' in the kitchen. Learn new and exciting ways to create simple and easy dishes. To finish each class, you get to eat your creations while enjoying the company of friends!

New Year's Resolutions

#13462 Thu, Jan 25 10 a.m. – Noon Queen Anne CC

Gourmet Burgers!

#13460 Thu, Feb 15 10 a.m. – Noon Queen Anne CC

Irish Pasties

#13461 Thu, Mar 15 10 a.m. – Noon Queen Anne CC

SPECIAL EVENTS

Monday Meals \$3 (\$20 Meal Card available)

Reservations required. Fresh cooked healthy meals most Mondays. First-come, first-served; make a reservation at Queen Anne CC or contact Tim Pretare. Menu subject to change without notice.

Mondays Noon – 1 p.m. Queen Anne CC

Mid-week Movies Free

Drop by to see a film of your choice each week.

Wednesdays 1:15 – 3:30 p.m. Queen Anne CC

Build an Effective Retirement Investment Plan Free

Learn what you need to consider when developing an investment plan and help become informed consumers in order to make the best financial decisions for yourself.

Mon, Feb 5 10 – 11:30 a.m. Queen Anne CC

Spring Potluck Free

Bring your favorite dish to share. Plates, utensils, and beverages provided.

Mon, Mar 19 Noon – 1:30 p.m. Queen Anne CC

WORKSHOPS AND SPEAKERS

Travelogue Free

Slide shows from points all around the world. **Instructor: R. Nece**

Mondays 10:45 – 11:45 a.m. Queen Anne CC

Jan 22: Canadian Maritimes

(Nova Scotia, New Brunswick, and Prince Edward Island)

Feb 26: Pakistan

Mar 19: Historic Boston and Nearby Massachusetts

PROGRAM PLANNING

Program Planning Meetings Free

Come and give input on programs! Bring newspaper articles and ideas. The discussion will include trips, classes, special events and how to expand and improve programs. Group meets the first Thursday of each month.

First Thursday of the month 1 – 2 p.m. Queen Anne CC

Winter Dates: Jan 4, Feb 1, Mar 1

Northeast Classes & Special Events

Northeast Registration Information Classes/Special Events/Trip Registrations

Jayla McGill, Recreation Specialist

206-386-9106

E-mail: jayla.mcgill@seattle.gov

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Make-ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor that you're making up the class.

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Registrations and Payment: You can register beginning December 4 in one of three ways: You can call Jayla at 206-386-9106; you can register online at www.seattle.gov/parks; or you can register at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change.

Northeast Sites

Green Lake CC.....7201 E Green Lake Dr N
Laurelhurst CC.....4554 NE 41st St
Closed for construction; reopens Spring 2007.
Lower Woodland Parking Lot....56th & Green Lake Dr N
Trip pick-up site only; south of Green Lake Golf Course
Magnuson CC/Bldg 477110 62nd Ave NE
Magnuson Brig/Bldg 4066344 NE 74th St
Meadowbrook CC.....10517 35th Ave NE
Ravenna-Eckstein CC6535 Ravenna Ave NE

Enhance Fitness

\$24 – 1 day/wk

Focus on enhancing your endurance, strength, balance, posture, and flexibility through exercise. Standards for measurement will document your progress. This class is highly adaptable and great for people of all fitness levels. We will provide weights. This class is free for Group Health Members with Medicare Part B coverage. We recommend taking this class two days per week. **Instructor: Blanka Jindvich**

#13482 Tue 9 – 10 a.m.

Magnuson Brig

#13483 Thu 8:30 – 9:30 a.m.

Magnuson Brig

Mat Pilates

\$36 – 1 day/wk

Strengthen core muscles, including abdominals and lower back. Improve balance, release stress, and renew your energy.

Instructor: Yvonne Lasso

#13488 Mon 8:45 – 9:45 a.m.

Magnuson Brig

#13487 Wed 9:30 – 10:30 a.m.

Magnuson Brig

Beginning Pilates

\$36

This class is an introduction to Pilates movements.

#13834 Tue 11 a.m. – Noon Ravenna-Eckstein CC

Tai Chi (Wu Style)

\$30 – 1 day/wk

This class provides winter prevention strategies for improving circulation and balance with slow, gentle, short movements.

Instructor: John Proebstel

#13496 Wed 10 – 11 a.m.

Green Lake CC

#13497 Fri (Beg.) 11:45 a.m. – 12:45 p.m.

Magnuson Brig

#13508 Fri (Int.) 1 – 2 p.m.

Magnuson Brig

Yoga & Meditation

\$25 – 1 day/wk

Learn gentle stretching that will keep you limber and build muscles. This class is appropriate for all skill and fitness levels. **Instructor: Judith Robin**

#13511 Tue 10:15 – 11:15 a.m.

Magnuson Brig

#13512 Wed 9 – 10 a.m.

Meadowbrook CC

#13513 Fri 9 – 10 a.m.

Meadowbrook CC

Line Dance

\$24 – 1 day/wk

Get out on that dance floor and move to the music! Line dancing is great for the body and soul! No experience or partner is needed.

Instructor: Jayla McGill

#13484 Wed 8:45 – 9:45 a.m.

Ravenna-Eckstein CC

#13485 Fri (Beg.) 9:15 – 10:15 a.m.

Magnuson Brig

#13486 Fri (Int.) 10:30 – 11:30 a.m.

Magnuson Brig

ATHLETICS

Pickleball

\$2 drop-in (Age 65+ \$1)

Pickleball is a fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later. Please register by calling 206-386-9106.

Beginning

Mondays 11:30 a.m. – 1:30 p.m. Ravenna-Eckstein CC

Tuesdays 11 a.m. – 1 p.m.

Magnuson CC Gym

Thursdays 12:05 – 2 p.m.

Meadowbrook CC

Intermediate/Advanced Play

Thursdays 10 – 11:55 a.m.

Meadowbrook CC

AEROBICS, FITNESS, & DANCE

Senior Aerobics

\$24 – 1 day/wk

Feel better with upbeat fitness taught by certified instructors!

Instructor: ① Lisa Haynes ② Jane Shearer

#13494 Mon ① 9:30 – 10:30 a.m. Magnuson CC Gym

#13495 Mon ② 10:15 – 11:15 a.m. Ravenna-Eckstein CC

#13489 Wed ① 9:30 – 10:30 a.m. Magnuson CC Gym

#13490 T/Th ② 8:30 – 9:30 a.m. Ravenna-Eckstein CC

Body Conditioning

\$30 – 1 day/wk

This class includes the use of dynabands and free weights for overall strength conditioning.

Instructor: ① Peter Cannon ② TBA ③ Carol Lorenz

#13481 Mon ① 10 – 11 a.m. Meadowbrook CC

#13479 Thu ② 10:30 – 11:30 a.m. Green Lake CC

#13480 Thu ③ 11:15 a.m. – 12:15 p.m. Meadowbrook CC

Northeast Classes & Special Events

WALKING GROUPS

Green Lake Sound Steps **Free**
Meet at the Green Lake Community Center front entrance, stretch as a group, then walk around the lake at your own pace.
MWF 10 – 11 a.m. Green Lake CC

Sound Steps Walking Book Club
Keep your mind and body active by walking while discussing books! Walk during the first hour and end with tea or coffee. Please call Mari Becker at 684-4664 if you're interested.
Wed, Jan 3: *Lying Awake* by Mark Salzman
Wed, Feb 7: TBD Wed, Mar 7: TBD
Wed: 1/3, 2/7, 3/7 10 a.m. – Noon Magnuson Brig

Sound Steps Urban Hike: Magnuson Park **Free**
Enjoy a newly developed 3.1 mile trail in one of Seattle most scenic parks. You'll pass by waterfront, forest paths, historical military sites, and grassy fields. Some shorter trails are paved and walker and wheelchair accessible. Bring a lunch; we'll provide dessert.
Thu, Jan 25 11 a.m. – 1:30 p.m. Magnuson CC

Meadowbrook Sound Steps **Free**
Walks around the neighborhood, and enjoy the Meadowbrook Pond and Playfield areas. Meet in the lobby. If you have questions, please call 206-386-9106.
Fri (1/5 – 3/30) 11:30 a.m. – 12:30 p.m. Meadowbrook CC

Senior Zoo Walkers **\$15/12 wks**
Woodland Park Zoo, Group Health Cooperative, and Seattle Parks invite you to join Senior Zoo Walkers, promoting fitness and socializing in a beautiful setting. Warm up with a fitness leader at 9:15 a.m., then the walk begins at 9:30 a.m. Morning time is often when the animals are most active! **Please register by mailing \$15 payable to Woodland Park Zoo (WPZ) Society** with your name, address, phone, emergency phone, if needed park pass, to: Woodland Park Zoo, Attn: Education Department/Classes, 601 N 59th St., Seattle 98103.
Tue/Thu (1/2 – 3/29) 9:15 – 10:45 a.m. Woodland Park Zoo/S. Gate

BOOKS AND WRITING

Meadowbrook Book Club
Meet once a month on the third Wednesday of each month to discuss a book provided by the Seattle Public Library. **Register at 206-386-9106. Instructor: L. Grace**
Thursdays 11 a.m. – Noon Meadowbrook CC
Jan 18: *Nine Parts of Desire* by Geraldine Brooks
Feb 15: *From Beirut to Jerusalem* by Thomas Friedman
Mar 15: *Women of the Silk* by Gail Tsukiyama

PROGRAM PLANNING

Where to go...What to do?!
We need your input and ideas for programming classes, day trips, and workshops! Share your ideas. Contact Jayla: 206-386-9106; Jayla.McGill@seattle.gov or Lifelong Recreation, 8061 Densmore Ave N, Seattle, 98103.

PERFORMING ARTS

Senior Adult Chorus **\$12/month**
"The Sounds of Music", a choral group under the direction of Ellen Ratner, **seeks new members.** No experience is necessary. All ages are welcome. **Please call Kay Thode at 206-935-3796 for information.**
Tuesdays 11 a.m. – Noon Lake City Comm Ctr 12531 28th Ave NE

CARDS AND GAMES

Drop-In Bridge **Free**
Everyone is welcome for drop-in play.
Thursdays 10 a.m. – Noon Magnuson Brig

Chess Club **Free**
Join enthusiasts for a drop-in game of strategy and skill.
Instructor: W. Metzker
Fridays Noon – 3 p.m. Green Lake CC

ARTS AND CRAFTS

Seniors Making Art: Mexican Yarn Painting **Free**
The instructor will share this form of art, which he learned in South America. Instruction and all materials are provided free of charge. Please register ahead of time by calling 206-386-9106.
Date/Time TBA Magnuson Brig

Watercolor **\$72**
Calling all artists — past, present, and future! Beginners: here's that opportunity you've been waiting for! Join our informal, fun group. Bring paint supplies. **Instructor: Eunice Smith**
#13509 Thu Noon – 2 p.m. Ravenna-Eckstein CC

WORKSHOPS AND SPEAKERS

Financial Planning Consultations **Free**
Dave Asplund and Danuta Kieko, both of Asplund Financial Group, offer private time to provide information about all aspects of financial preparedness. Bring all your unanswered questions. Please reserve half-hour appointments by calling 206-542-6120.
Mon, Jan 8 10 a.m. – Noon Meadowbrook CC
Mon, Feb 12 10 a.m. – Noon Meadowbrook CC
Mon, Mar 12 10 a.m. – Noon Meadowbrook CC

Stress & Depression **Free**
This session will include information on how to identify depression in yourself or a loved one, where to find support, and what helps. Please register ahead of time by calling 206-386-9106.
Wed, Jan 17 11:30 a.m. – 12:30 p.m. Green Lake CC

Disaster Preparedness **Free**
Don't put it off any longer! Take advantage of this opportunity to learn how to be ready if a disaster strikes. The American Red Cross presents this session in Room 22 (upstairs). Please register ahead of time by calling 206-386-9106.
Thu, Feb 1 10 – 11:30 a.m. Meadowbrook CC

CULINARY ARTS

Northeast Classes & Special Events

Cooking Classes

\$16/class

Join our chef, Rosangela Seppala, as she creates new, exciting dishes, then receive recipes and have lunch!

Cooking with Olive Oil!

Light or Extra Virgin Olive Oil? Learn all about it!

#13532 Wed, Jan 24 10 a.m. — Noon Meadowbrook CC

Mama's Old-Fashioned Ravioli!

Enjoy homemade ravioli without having to make the dough and endless fillings.

#10900 Wed, Feb 7 10 a.m. — Noon Meadowbrook CC

Vegetarian Indian!



Enjoy delicious Samosas, Saag Paneer (Spinach with fresh homemade cheese) and more.

#10892 Wed, Feb 28 10 a.m. — Noon Meadowbrook CC

Mastering the Chicken Dinner!

Learn to make Chicken Kiev, Chicken Parmesan, Chicken Piccata!

#10902 Wed, Mar 7 10 a.m. — Noon Meadowbrook CC

Museum of Flight/Da Vinci Exhibit \$6

Northeast Trips

Join us for a guided tour of the Museum of Flight. (Bring \$12 admission.) Visit the international exhibit "Leonardo Da Vinci, Man/Inventor/Genius." (Bring \$10 for admission.) Have lunch on your own in the museum's Wings Cafe.

Van Pickup Times/Locations:

Meadowbrook CC	8:30 a.m.	Green Lake CC	9:10 a.m.
Magnuson CC	8:45 a.m.	Lower Woodland	9:15 a.m.
Ravenna-Eckstein CC	9:00 a.m.		
#13683	Mon, Jan 8	9:15 a.m. — 3 p.m.	

The Comedy of Errors

\$4.50

Enjoy a Seattle Shakespeare Company performance at the Seattle Center Theater of the Bard's shortest play! Bring \$16 admission on the day of the trip.

Van Pickup Times/Locations:

Meadowbrook CC	12:30 p.m.	Green Lake CC	1:10 p.m.
Magnuson CC	12:45 p.m.	Lower Woodland	1:15 p.m.
Ravenna-Eckstein CC	1:00 p.m.		
#13680	Sat, Jan 20	1:15 — 5:30 p.m.	

Conversation with Greg Morales

\$3.50

You are cordially invited to hear Greg Morales, Artistic Director of the Civil Light Opera, share his stories and experiences. Join us at Magnuson Community Center to enjoy tea, treats, and a surprise guest or two from *The Baker's Wife* production! Please register by January 18.

Van Pickup Times/Locations:

Lower Woodland	Noon	Rav-Eck CC	12:15 p.m.
Green Lake CC	12:05 p.m.	Meadowbrook CC	12:30 p.m.
#13688	Mon, Jan 22	1 — 2:30 p.m.	

Muckleshoot Casino

\$6.50

Auburn's famous casino now has an entirely smoke-free annex! Try your luck there or at the original Muckleshoot Casino. Enjoy lunch on your own at their excellent buffet.

Van Pickup Times/Locations:

Meadowbrook CC	8:30 a.m.	Green Lake CC	9:10 a.m.
Magnuson CC	8:45 a.m.	Lower Woodland	9:15 a.m.
Ravenna-Eckstein CC	9:00 a.m.		
#13682	Mon, Feb 5	9:15 a.m. — 3:15 p.m.	

Sweet Treats!

\$6.50

We're off to Woodinville for a tour of Elegant Gourmet, a candy manufacturing facility. After a stop for lunch (on your own), we'll head to Issaquah for a tour of Boehm's Candies, where we'll learn about Julius Boehm, the company's founder, and visit his chalet apartment and chapel, modeled on a 12th-century Swiss Church!

Van Pickup Times/Locations:

Lower Woodland	9:30 a.m.	Magnuson CC	10:00 a.m.
Green Lake CC	9:35 a.m.	Meadowbrook CC	10:15 a.m.
Ravenna-Eckstein CC	9:45 a.m.		
#13685	Fri, Feb 16	10:15 a.m. — 4 p.m.	

Stratford at Maple Leaf

\$3.50

Let's tour this new Lake City area senior living facility, ask questions, and have a delightful lunch!

Van Pickup Times/Locations:

Lower Woodland	10:00 a.m.	Magnuson CC	10:30 a.m.
Green Lake CC	10:05 a.m.	Meadowbrook CC	10:45 a.m.
Ravenna-Eckstein CC	10:15 a.m.		
#13684	Mon, Feb 26	10:45 a.m. — 1:30 p.m.	

Bainbridge Vineyards/Winery

\$20

Escape to Bainbridge for an early lunch (on your own) in Winslow. Then we'll visit a special local treasure, Bainbridge Vineyards & Winery, where we'll tour and taste! The grapes they crush are harvested from their own eight-acre vineyard; all their wines are 100% island-grown! The fee includes the ferry fare.

Van Pickup Times/Locations:

Meadowbrook CC	9:00 a.m.	Green Lake CC	9:40 a.m.
Magnuson CC	9:15 a.m.	Lower Woodland	9:45 a.m.
Ravenna-Eckstein CC	9:30 a.m.		
#13681	Mon, Mar 5	9:45 a.m. — 5 p.m.	

Culinary Arts of Greenwood

\$6.50

Rosangela, our Culinary Arts Diva, guides us through her favorite places to shop and dine in the Greenwood neighborhood, including the Olive You Deli! Have lunch (on your own) at Kiala Indian Buffet.

Van Pickup Times/Locations:

Ravenna-Eckstein CC	9:45 a.m.	Meadowbrook CC	10:00 a.m.
#13686	Wed, Mar 14	10 a.m. — 2 p.m.	

Northwest Classes & Special Events

Northwest Registration Information Classes/Special Events

Carol Baxter, Recreation Specialist
206-233-7138

Winter Quarter Dates: January 2 – March 16

No classes: Mon, Jan 1; Mon, Jan 15; Mon, Feb 19

Class Registration and Payment: You can register beginning December 4 in one of three ways: You can call Carol at 206-233-7138; you can register online at www.seattle.gov/parks; or you can register at your local community center. We accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change.

Northwest Sector Sites

Ballard CC 6020 28th Ave NW
Bitter Lake CC..... 13035 Linden Ave N
Carkeek Park ELC 950 NW Carkeek Park Rd
Loyal Heights CC..... 2101 NW 77th St
Northgate CC 10510 5th Ave NE

AEROBICS, FITNESS, AND DANCE

Senior Aerobics **\$24 – 1 day/wk**

Join a friendly, low impact aerobics class that will help energize you. You'll learn body strengthening and stretching from a certified instructor.

#13551 Mon 9 – 10 a.m. Ballard CC
#13577 Mon 10:45 – 11:45 a.m. Northgate CC
#13576 Thu 9 – 10 a.m. Bitter Lake CC

Arthritis Foundation Exercise Program **\$30**

This class includes range of motion, strengthening and much more.

Instructor Carol Baxter

#13352 Tue 9 – 10 a.m. Ballard CC

Body Conditioning **\$30**

This class is perfect for people of all fitness levels. Gain strength and greater flexibility, and look and feel better. You'll use dynabands/free weights/balls for strength conditioning.

#13356 Tue 10:50 – 11:50 a.m. Bitter Lake CC

Circuit Training **\$30**

Gain strength and increase your endurance, all at the same time. This class is great for overall conditioning and fitness!

Instructor Laura Quandt

#13515 Tue 9:30 – 10:30 a.m. Loyal Heights CC
#13357 Tue 11:30 a.m. – 12:30 p.m. Northgate CC
#13516 Thu 9:30 – 10:30 a.m. Loyal Heights CC

Conditioning with Free Weights **\$36 – 1 day/wk**

This class is for seniors who want to get stronger. You'll focus on functional strength by using free weights, foam rollers, and tubes. **Instructor Sheryl Love**

#11013 Tue 9 – 10 a.m. Northgate CC
#11012 Thu 9 – 10 a.m. Northgate CC

Lifelong Conditioning **\$30**

This class focuses on strengthening, toning, and stretching. Have fun while you improve your health. **Instructor: Suzanne Matchett.**

#13531 Fri 8:30 – 9:30 a.m. Ballard CC

Line Dance **\$24**

Get out on that dance floor and move to the music! Great for your body and your soul! No experience or partner is needed. **Instructor: Jayla McGill.**

#13535 Tue 9 – 10 a.m. Ballard CC

Tai Chi (Wu Style) **\$30**

Find your center of balance and get improved circulation. Movements are slow, gentle, and short. **Instructor: John Probestel.**

#13582 Mon 1 – 2 p.m. Northgate CC

Yoga **\$36**

Gentle stretching keeps you limber, builds muscles, and improves breathing and balance. This class is for all skill and fitness levels.

Instructor Paul Federowicz.

#13585 Tue 10:15 – 11:15 a.m. Northgate CC
#13584 Thu 10:15 – 11:15 a.m. Bitter Lake CC

Sound Steps Northgate Mall Walk **Free**

Get fit, make new friends, and get your shopping errands done all at once! Meet at the food court by Starbucks. To register, please call Mari at 684-4664.

Thursdays 9 – 10 a.m. Northgate Mall

Senior Dance **\$3.50**

Step out to the sound of our band, The Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes- and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

Thursdays 1 – 3 p.m. Bitter Lake CC

Pickleball **\$2 drop-in (Age 65+ \$1)**

Learn this fun game that is played indoors and is a cross between tennis and table tennis. We provide all the equipment!

Tuesdays 10:30 a.m. – 12:30 p.m. Bitter Lake CC
Tuesdays 11 a.m. – 2:30 p.m. Ballard CC
Wednesdays 12:30 – 2:30 p.m. Loyal Heights CC
Fridays 12:30 – 2:30 p.m. Bitter Lake CC

SOCIAL GROUPS

Coffee Klatch **Donations for coffee appreciated**

Enjoy coffee and free newspapers. This is a great time to sit with friends and neighbors to chat.

MWF 9 – 10:30 a.m. Northgate CC

Caregiver Support Group

Meet with other caregivers to get answers and offer suggestions. The group is open to anyone who is a caregiver.

First & Third Wednesdays 1:30 – 3 p.m. Loyal Heights CC

Northwest Classes & Special Events

MOVIES AND MEALS

Movie & Lunch Mondays \$6.50/movie

Enjoy the silver screen with friends. We show movies on a large screen and invite you to stay for lunch and a discussion. Please register ahead of time!

Mondays 10:15 a.m. – 1:30 p.m. Ballard CC

#13540 Mon, Feb 12 *A Prairie Home Companion*

#13541 Mon, Mar 12 *Dreamer Inspired...*

Lunch Club \$4/meal

Explore the hottest local foods with fun people. Please register ahead of time. We add an automatic 17–20% gratuity on your table's tab. Meet at Ballard Community Center at 11 a.m. Each trip is \$4, to be paid in advance.

#13538 Taste of India Tue, Jan 9 11 a.m. – 2 p.m.

#13537 Etta's Seafood Tue, Feb 20 11 a.m. – 2 p.m.

#13536 Cheesecake Factory Tue, Mar 13 11 a.m. – 2 p.m.

Cooking \$15/class

Rosangela's culinary creativity will get you hoppin' in the kitchen. Learn new and exciting ways to create simple and easy dishes. To finish each class, you get to eat your creations while enjoying the company of friends!

Thursdays 10 a.m. – Noon

#13523 New Year's Resolutions Thu, Jan 18 Bitter Lake CC

#13520 Gourmet Burgers! Thu, Feb 8 Northgate CC

#13522 Irish Pastries Thu, Mar 8 Bitter Lake CC

CARDS AND GAMES, AND CRAFTS

Beginning Bridge \$36

Beginning bridge classes are hard to find, so please help us get the word out. Start with the basics and play away. You'll enjoy a short classroom instruction and lots of practice. Our goal is to get you addicted to bridge and to make sure you have FUN. You don't need a partner. This class is taught by Steve Sidell, TAP Instructor

#13354 Mon 9 – 11 a.m. Bitter Lake CC

Intermediate Bridge \$36

This duplicate-style class focuses on a limited topic each quarter with repetition, drills, and a textbook to help you along. Past topics have been no-trump, 2-suited hands, slam hands, etc. Bring a lunch! The class is taught by Steve Sidell.

#13530 Mon 11:30 a.m. – 1:30 p.m. Bitter Lake CC

Open Bridge Bring donations for coffee

These are party bridge sessions managed by Leo. Please call 206-364-4604 if you have questions.

Thursdays 1:30 – 4:30 p.m. Bitter Lake CC

PLANNING MEETING

Spring Planning Meeting Free

We want your input so we can provide the best activities possible for your enjoyment. Please bring ideas, newspaper clippings, and suggestions for classes, workshops, trips and general program offerings.

Fri, Jan 5 9:45 – 11 a.m. Ballard CC

ARTS & THEATER

Learn to Draw with Colored Pencils \$50

Take your doodling to the next level. Explore beginning drawing techniques with colored pencils. In the class you'll study various objects and subjects to cover line, shading, composition, and color. Bring your own supplies; we can provide a list to help you get started.

#13545 Thu Noon – 2 p.m. Loyal Heights CC

Theater Games \$32

This exercise will sharpen your mental and physical powers through pantomime and improvisation. We'll introduce various activities that will increase your sensory awareness, story telling, observation, and charades skills. Let's play! **Instructor: Bill Dore**

#13583 Thu 11 a.m. – Noon Northgate CC

Learn to Watercolor! \$50

Take on a new challenge — learn the technique of watercolor painting. This beginner's course will introduce mixing colors and techniques through a series of projects. Bring your own supplies; we'll provide a list if you need help determining what you need.

#13547 Mon 12 – 2 p.m. Bitter Lake CC

#13546 Fri 11 a.m. – 1 p.m. Northgate CC

SPECIAL EVENTS

Please register for all special events at least one week before so we can have appropriate seating available.

History of Ballard Free

Join Mary Fortino as she discusses the history of Ballard and the people who have lived here since Seattle's early days.

#13529 Fri, Jan 19 10 – 11 a.m. Ballard CC

Reverse Mortgage "Enough Income?" Free

Learn about reverse mortgages and how they can help you in retirement to meet your financial needs. Listen to a professional explain all there is to know.

#13550 Fri, Jan 26 1 – 2 p.m. Bitter Lake CC

Understanding Hearing Loss Free

Learn about how we hear, the psychological effects of hearing loss, and how to maximize communication if you're experiencing hearing loss. This course will help you understand hearing loss and its impact on both people who have it and on their friends and families. It will also include tips for facilitating communication and a discussion on solutions for coping with communication breakdowns.

#13514 Thu, Feb 8 1 – 2:30 p.m. Bitter Lake CC

Patch-work Politics: Eleanor Roosevelt \$10

In honor of Presidents' Day we will travel back in time with storyteller Debbie Dimitre as she portrays Eleanor Roosevelt, the much loved first lady and human rights activist. You'll think Eleanor Roosevelt is right before your eyes telling her story. Don't miss this performance! A potluck will follow.

#13548 Fri, Feb 16 11:30 a.m. – 2:30 p.m. Bitter Lake CC

Northwest Field Trips

Northwest Trip

Registration Information

Make checks payable to: City of Seattle.

Trip Registration begins December 4 by calling 206-233-7138. You can also register online (www.seattle.gov/parks) or at your local community center. Payment is due when you register. We accept cash, checks, Visa, MasterCard, and American Express. All trip times, costs, and destinations are subject to change. *On all trips, lunch is on your own.*

Pick-up Sites:

(Please park your car on the road.)

Ballard CC 6020 28th Ave NW

Bitter Lake CC..... 13035 Linden Ave N

Northgate CC..... 10510 5th Ave NE

Southbound trips (S-Bound): Leave Northgate Community Center, 30 min. before; Bitter Lake Community Center, 15 min. before; and Ballard Community Center, at trip time listed.

Northbound trips (N-Bound): Leave Ballard 30 min. before; Bitter Lake 15 min. before; and Northgate, at trip time listed.

Vans will only wait 5 minutes for late people.

Pioneers to Policemen!

\$6

We are taking on Pioneer Square! We'll visit the Seattle Police Museum and the Klondike Gold Rush Museum. Please bring \$2.70 with you for admission to the Police Museum. After the museums, you'll have lunch on your own.

#13549 Wed, Feb 14 10:30 a.m. – 3 p.m. Southbound

Art Deco: The Roaring 20s, NW Architecture

\$17

Take a trip back in time to Seattle in the roaring 20's. Visit the rich interior lobbies, ornate commercial buildings, and discover how Northwest imagery was incorporated into the power and rhythm of downtown Seattle's early 20th century architecture. This is a two-hour walking tour with lunch on your own following. Please register by February 3.

#13351 Wed, Feb 28 10:20 a.m. – 3 p.m. Southbound

Tacoma Museums

\$10

What a day we have planned for you! First we'll have a docent guided tour at the Museum of Glass (there will be time for hot shop viewing!), then you'll have lunch on your own, and then we'll have another docent led tour at the Art Museum. Please bring cash for admission to each museum (\$8 for Glass Museum, \$6.50 for Art Museum).

#13581 Wed, Mar 7 9:45 a.m. – 4:30 p.m. Northbound

Skagit Eagle Float Trip

\$10

This will be our 2nd annual float down the Skagit River through the bald eagle sanctuary. Taking the time to experience the river by boat will give you a chance for a more up-close view of the eagles that come to this area each winter to roost. We provide all equipment and lunch. (Please let us know of any dietary restrictions when you register.) When you register, please include a check made out to Alpine Adventures for \$60 mailed to Carol at 8061 Densmore Ave N, Seattle, WA 98103-4436.

#13580 Wed, Jan 10 8 a.m. – 5 p.m. Northbound

Microsoft Art Collection

\$10

Back by popular demand! View the extensive art collection located on the Microsoft Campus. You're on your own for lunch at Redmond Town Square.

#13539 Mon, Jan 22 10 a.m. – 3 p.m. Northbound

Death By Chocolate!

\$20

If you love chocolate, then this is the trip for you! We'll learn how to make our own chocolates, and YOU get to keep them. Each person will get his or her own mold and a pound of chocolate. You will learn techniques to create detailed looking chocolates. Then you're on your own for lunch in Edmonds.

#13524 Wed, Jan 24 9:45 a.m. – 2:30 p.m. Northbound

Extreme Antiquing

\$10

We are headed to Snohomish, the Antique Capital of the Northwest! You will find tons of shops to browse through to find unique treasures. Have lunch on your own in this quaint historic town.

#13526 Wed, Feb 7 9:45 a.m. – 3:30 p.m. Northbound

Nature Walks and Hikes

\$7/walk

Enjoy forests, streams, and more. Walk at your own pace for up to 1½ hours. Please register ahead of time. Wear all-terrain shoes for the walk, then have lunch out on your own.

Van pick-up: Ballard CC

Wednesdays 10 a.m. – 2 p.m.

#13543 Lincoln Park Wed, Jan 17

#13544 Olympic Sculpture Park Wed, Feb 21

#13542 Burke Gilman by Lake City Wed, Mar 14

Helping Hands

Free

This is simple, one-hour non-strenuous work and socializing. Bring a sack lunch; we'll provide drinks and treats. Name the park with which you'd like to assist. Please call ahead to register.

Van pick-up: Ballard Community Center

Tuesdays 10:15 a.m. – 1 p.m.

#13528 Carkeek Park Tue, Feb 13

#13527 Atlantic Street Nursery Tue, Mar 6



Lifelong Recreation Program Registration Instructions

Option #1: Mail-in Registration — for all classes, special events and trips:

1. Choose the classes you would like to attend.
2. Use the registration form in the brochure; list each class by title, day of the week, time, class fee and community center in the grid provided on the form. For programs that do not have a registration fee put a zero in the fee column.
3. Fill in your personal information completely, including a phone number where we can reach you or leave you a message during the day.
4. Add up the total fees from all classes for which you're registering and write one check for the total amount. Make sure you specify the classes for which the check is written.
5. Please write the name of the recreation specialist and geographic sector on the envelope. See payment instructions for example.

Payment instructions:

Make checks payable to **City of Seattle**. Remove the registration form from the brochure, mark on check what you are paying for, and mail both to:

Lifelong Recreation
ATTN: Name of Recreation Specialist and geographic sector
(Example: Mary Dalzell – SW)
8061 Densmore Ave. N.
Seattle, WA 98103-4436



Option #2: Online Registration — for classes, special events, and trips with a barcode:

1. Visit www.seattle.gov/parks
2. Click on the SPARC logo (seen on the top of this column).
3. Follow the onscreen instructions to register.
4. Pay by credit card. We accept MasterCard, Visa, and American Express.

Option #3: In Person Registration — for classes, special events, and trips with a barcode:

1. Visit your local community center.
2. Pay by cash, check, or credit card. We accept MasterCard, Visa, and American Express.

Important note: Registration forms and payment must be received by mail 24 hours before the beginning of the class (5 working days for field trips) for you to participate. Please be sure to mail in payments several days before the program begins as it can take 2 to 4 business days for us to receive and process your registration. **Questions? Please call 206-684-4951.**

Senior Adult Advisory Council

You Can Make a Difference!

The Senior Adult Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all abilities and backgrounds.

Our Advisory Council is looking for qualified new members. Meetings are held monthly to address programs, policies, and financial issues. Citizen direction and participation are vital to our success. Advisory Council members create scholarship opportunities through grant writing and develop fund-raising activities. If you'd like to get involved, please call the Lifelong Recreation Office at 206-684-4951.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

We would like to thank the following Senior Adult Advisory Council members for their support:

Martha Becker	Kay Herndon	Linnea Mattson
Thelma Coney	Connie Horner	Wayne Metsker
Timmie Faghin	Cecelia Kelly	

Scholarships

Our Advisory Council wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. Scholarships are available on a limited basis. Applications may be obtained by calling 206-684-4951. Applications must be turned in before the first day of the quarter.

The Senior Adult Programs Advisory Council needs your help!

Have you benefited from Lifelong Recreation? Has your health improved? Do the programs meet certain needs that are important to you? We are looking for examples of your positive experiences with Lifelong Recreation. Please put these experiences in writing or e-mail me before April 15 and provide me with contact information so that I might connect with you if I have questions. Thank you! Send to: Linnea Mattson, Chair, Senior Adult Advisory Council 8061 Densmore Ave N, Seattle, WA 98103-4436.



Lifelong Recreation
100 Dexter Ave N
Seattle, WA 98109-5590

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Lifelong Recreation Mail-in Registration

Registration Information

You are welcome to use the following form to register for any class, workshop, or trip offered by Lifelong Recreation. All registrations must be accompanied by payment in the form of check or money order (**no cash please**). If you have any questions about how to fill out this form, please contact the Recreation Specialist for the program you are interested in (see page 23 for details).

Payment

Please make check or money order payable to **City of Seattle** and mail to the appropriate address (see page 23 for details).

Fragrance Free Courtesy

Please refrain from the use of any men's or women's fragrant personal care products while participating in Lifelong Recreation and trips. Your chemically-sensitive co-participants will thank you!

Class Title	Day	Time	Fee	Class Location

Name: _____

Phone: _____

Address: _____

City: _____

ZIP: _____

Total Fee Enclosed: \$ _____

We're looking for Volunteer Drivers who enjoy people and travel. All costs (lunches, admissions, etc.) are covered. If you're interested, please call 206-684-4951.